

**Naval Medical Center San Diego
Occupational Health Department**

JOB CERTIFICATION AND MEDICAL SURVEILLANCE EXAMINATIONS

- Most examinations are a 2-part procedure. Part 1 includes specific history questions, lab tests and medical ancillary testing while Part 2 is a separate scheduled appointment with the health care provider. Both of these evaluations usually take approximately 30 minutes.
- Some examinations require that the employees fast i.e. have nothing to eat or drink for 10 hours prior to their appointment.
Some examples of **exams with a fasting requirement** are:
 - Police/Security
 - Explosive Handler/Driver
 - Firefighter
 - Forklift Operator
 - Motor Vehicle Operator
 - Hazardous Waste Worker/Responder
 - NCIS
 - Crane Operator (Weight Handling Equipment)

Examination Frequency
(Most of those not listed are completed annually)

Type of exam	Frequency
Forklift Operator	3 years
Explosives Handler/Driver (Military)	Age based, same as periodic physical
Explosives Handler/Driver (Civilian)	Up to age 59 – 2 years Age 60 & above – annual
Respirator Certification	Up to age 34 – 5 years Age 35-44 – 2 years Age 45 & above - annual
Lead	Quarterly
Pesticides	Quarterly
Dept of Transportation (DOT) Vehicle Operators (Civilian)	2 years
Firefighters	Health screen – annual Exam: Up to age 29 – 3 years Age 30-39 – 2 years Age 40 & above - annual
Weight Handling Equipment Crane, Rigger, Climber	2 years
Asbestos – Past Worker 0-10 years since first exposure	5 years
Asbestos – Past Worker 10+ years since first exposure	Up to age 34 – 5 years Age 35-44 – 2 years Age 45 & above - annual